

Family Partnership Newsletter

Updates from your Family Partners
For Families by Families



The Missouri Family Partners are busy adjusting to the new normal. In addition to this newsletter that you will receive twice a year, the Family Partners will be sending out region specific e-news four times a year. If you did not receive e-news from your Family Partner and would like to be added to their listserv, please contact your Family Partner. Family Partners are also working on updating the Family Partnership website, which will include a page dedicated to medical home information. Family Partners are always looking for new ways to engage with you and your input is always welcome!

Take the survey at:

<https://www.surveymonkey.com/r/FPNewsletterWinter2020>

MEDICAL HOME

Receiving care through a medical home can improve your child's health and make life easier for your family. Family Partnership believes medical home is an important concept for all families to embrace; therefore, all future editions of the Family Partnership Newsletter will include information on medical home resources. Up-to-date information can be found at the National Center for Medical Home Implementation:

<https://medicalhomeinfo.aap.org>.

In addition, families are encouraged to have a written care plan for their child. One we like is *The Pouch* from Kangaroo Kids:

<https://www.kangarookidsclt.org/pouch>



In this edition of the Family Partnership Newsletter, you will find some fun fall and winter ideas, crafts, and recipes.

Winter fun...

Have an indoor snowball fight – you can use rolled up socks, cotton balls, crumpled paper, or purchase “snowballs” online.

Bring the outdoors in – bring in a bowl of snow, make a snowman on a cookie sheet, color with food coloring, or hide tiny treasures inside for kids to find.

Hot chocolate is a must after playing in the snow or having a snowball fight. Here are a couple of recipes enjoyed by the Family Partners and their families, including a dairy free version.

HOT CHOCOLATE

Prep & Cook Time: 15 minutes

Makes 4 Servings

You will need:

- 3 Tbsp. cocoa powder
- 3 Tbsp. granulated sugar
- ½ tsp cinnamon (optional)
- ¼ cup water
- 4 cups milk
- Saucepan
- Whisk

What to do:

1. Place the cocoa powder, sugar, cinnamon (if you like cinnamon), and water in the saucepan. Blend them with the whisk until the cocoa is all mixed in.
2. Add the milk slowly and stir them all together.
3. **Grownups do this step!** Set the saucepan over low heat. Keep stirring everything until it's hot.
4. Just before serving beat the cocoa with the whisk to make it foamy.

DAIRY FREE HOT CHOCOLATE

Author: [TASTES LOVELY](#)

Cook Time: 5 MINS Total Time: 5 MINS

Makes 1 Serving

INGREDIENTS

- 1 cup unsweetened almond milk
- 2 Tbsp. dairy free semi sweet chocolate chips
- 1 Tbsp. granulated sugar (or 3 tsp coconut sugar for paleo)
- 1 Tbsp. unsweetened cocoa powder
- 1/8 tsp pure vanilla extract
- 1/8 tsp pure peppermint extract (optional)
- coconut whipped cream (optional)

INSTRUCTIONS

1. In a microwave safe measuring cup, microwave the almond milk for 3 minutes.
2. Once the almond milk is warm, add the chocolate chips, sugar, cocoa powder, vanilla extract (and optional peppermint extract). Whisk to combine.
3. Microwave for another 1 minute, or until desired temperature is reached.
4. Pour into a mug, and top with coconut whipped cream.

Holidays on the Go...

Get creative – brighten things up with a green construction paper tree, cut out ornaments, and decorate. If you are at the hospital, visitors and staff can add their ornaments as well.

Track Santa as he makes his trip around the world:

<https://www.noradsanta.org>



Still looking for something to do this fall/winter?

Check out these links:

Pumpkin Spice Cloud Dough:

<https://teachingmama.org/pumpkin-spice-cloud-dough/>

Apple Pie Playdough:

<https://www.thebestideasforkids.com/apple-pie-playdough-recipe/>

Winter Sensory Bins:

<https://www.thechaosandtheclutter.com/archives/winter-sensory-bins>

Coloring pages to print and other safe online learning activities:

<https://www.crayola.com/>

<https://pbskids.org/>

www.nickjr.com

<https://www.babyfirsttv.com/>

<https://kids.nationalgeographic.com/>

Carve a Pumpkin Online:

www.ABCYA.com

Kids love mail, these subscriptions are free:

<https://mdc.mo.gov/xplor> For Young Children

<https://mdc.mo.gov/conmag> For Older Children and Parents

<https://www.lego.com/en-us/life/magazine>



Resources for the Deaf/Hard of Hearing

Tips to make the holidays special for children with hearing loss

(Published by Lynn Wood in November 27, 2017 and reprinted with permission from Hearing Like Me www.hearinglikeme.com)

Holiday season is upon us, which may likely mean festive music, family gatherings, and special traditions.

But all the noise and excitement around the season may also cause communication difficulties with your family and friends with hearing loss.

To make the holidays even more enjoyable and special for adults and children with hearing loss, try these tips!

1. Hosting your guests

Holidays are about listening to joyous music, lively conversations and spending time with family and friends. Encourage your child to be the Holiday Host and greet visitors and take their coats. This will boost your child's confidence while giving him a chance to talk face to face in a quiet setting. Role-play upcoming holiday situations and practice good listening strategies. Create a secret signal so your child can notify you when he is having a difficult time hearing. Keep the holiday music off or at a low volume, as your child is likely not the only one bothered by clatter and background music.

2. Organize and prepare ahead of time

Organize an email and send it your family and friends before you gather for the holidays. Write a quick update about your child's listening and spoken language progress and his hearing technology. Dealing with this before the holidays will allow you to spend time celebrating rather than answering questions of well-meaning friends and family.

3. Control large crowds

Large family dinners are noisy so plan accordingly. One suggestion is ensuring your child knows the topic of the conversation. Consider using "conversation starter cards" around the table which are always fun. Also, have someone special seated next to your child who can repeat a joke or summarize a story if your child mishears.

4. Include children in the festivities

Include your child in the holiday preparations and focus on vocabulary that is often specific to the season. What is mistletoe? The Nutcracker? A wishbone? Jelly beans? Spend time reading holiday stories, cooking traditional foods and learning the words to holiday songs. Your child can create decorations to hang around your home and tell guests about them when they visit.

**** Please note this article was published prior to COVID-19. The Family Partners encourage you to follow CDC guidelines related to COVID-19 and holiday celebrations. Information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>.**

Resources for the Deaf/Hard of Hearing

5. Utilize technology

Devices. Keep your child's Roger or FM charged and ready to use. Role-play so your child is comfortable asking others to wear the FM and can explain how it helps him hear. At the dining table place the mic in the middle or concealed in the centerpiece. If you attend a holiday performance or a faith-based service, contact the venue to request extra amplification such as a microphone, a hearing loop, and captions. Another important device is your phone's camera. Take photos to include in your child's Listening and Spoken Language Experience Book.

6. Create good listening environments

Arrange to seating with your child's hearing in mind. Encourage your child to choose a good seat for hearing at dinner and for the gift exchange. Is there a seat away from the bustling kitchen, or the room when the teenagers are playing video games? When opening gifts, suggest sitting in a circle so your child can both listen and watch.

7. Focus on Traditions

Your traditions are an important way to expand your child's listening and language skills. If gift giving is your tradition, choose presents that will provide hours of creative play and stimulate conversation. Most of your child's memories will be about people, not presents.

8. Make it Simple

Simplify. Ask your child what traditions he feels are most important. You may be surprised by his reply. Consider skipping old traditions that have lost appeal or that your family has outgrown. Time spent together rather than on activities will be most remembered. Keep a Joy Journal to jot down moments of triumphs, laughter, inspiration, and the "hearing" miracles you enjoy over the holidays.

<https://www.hearinglikeme.com/7-tips-for-celebrating-the-holidays-with-hearing-loss/>

Sugar Cookies (kids can decorate to fit any holiday or just a rainy day activity):

Sugar cookies:

2 eggs

5 cups all-purpose flour

1 tsp salt

2 cups sugar

2 tbsp. vanilla extract

3 sticks of butter, room temperature

Pre-heat oven to 350 degrees

Mix the butter and sugar together using a mixer until well blended. Next, add eggs, vanilla extract, salt and mix. Slowly add flour and mix until it forms a nice dough.

Dump out on lightly floured counter or parchment paper and knead it together to form two equal size balls, wrap in plastic and set in fridge for about 1 hour.

Roll out to ¼ inch thickness. Use different cookie cutters to cut out shapes. Bake at 350 degrees for about 10 min.

Let cookies cool, make icing, and decorate. Make several different colors and place in condiment bottles for easy decorating.

Icing:

4 tsp corn syrup

½ tsp vanilla extract

Choice of food coloring

2 cups powdered sugar

6 tsp milk

Caring Corner

This newsletter is designed for families by families and we encourage you to submit your story to familypartnership@health.mo.gov so we can share your journey in an upcoming newsletter.

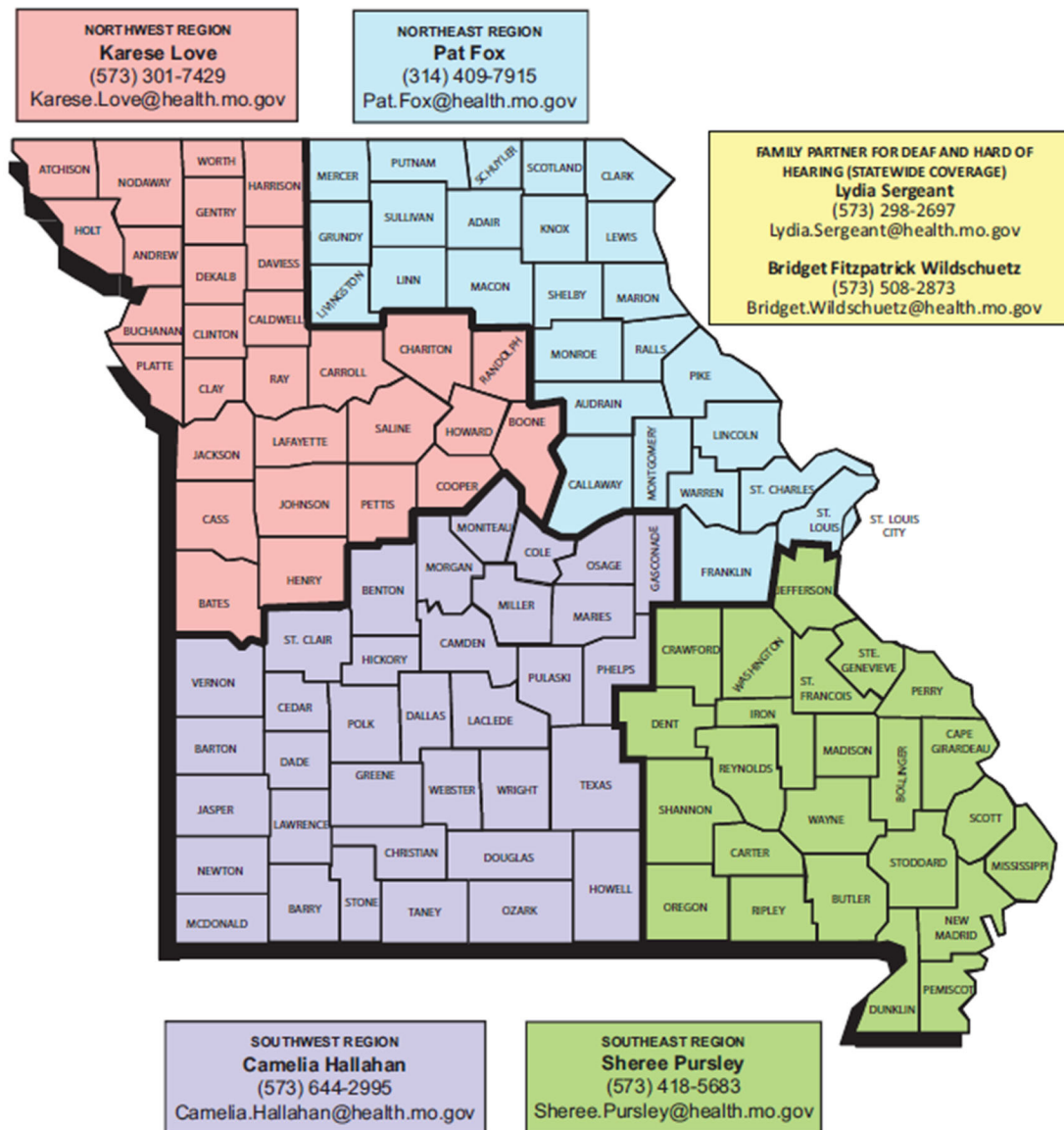


Hello, my name is Bridget Wildschuetz. I am one of the Family Partners for Deaf and Hard of Hearing. My daughter, Faith has SOX2 anophthalmia syndrome. HCY has been a great support to our family. Faith has complex medical needs, severe multiple disabilities, and is deafblind. She is an amazing girl with a contagious smile and laugh! She loves music and swimming! Faith requires total care 24 hours a day. Nursing services through HCY have helped our family get breaks from caretaking and ensure that Faith's medical needs are being met. We are able to manage the daily challenges better when we can get adequate sleep and have the energy to give our best girl all that she needs. Most of all, we can enjoy the joy she brings to our family!



The Family Partners want to know what **YOU** would like included in future editions of the newsletter. Please take a few minutes to complete the brief online survey at <https://www.surveymonkey.com/r/FPNewsletterWinter2020>

If you need help finding resources, your Family Partner is here for you! See the map to find your Family Partner or call our toll free number 1-800-451-0669.



Missouri Department of Health & Senior Services
Bureau of Special Health Care Needs
PO Box 570
Jefferson City, MO 65102
1-800-451-0669

An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.

